
Nature Trips

We encourage you to sign up for at least one Nature trip. You'll be spending a week in the New River Valley, in our special community of SUUSI people and Nature. While you're here, be sure to see the locals: the local wildflowers, the local trails, the local caves, the local rivers. Add richness to your life. Stretch your spirit, and maybe your body. Sign up for one or more Nature Workshops.

In our SUUSI circle, with interlocking components of the interdependent web, Nature trips get out in the natural world to experience biodiversity. And we have a diversity of experiences to offer - we have about 75 trips on our schedule for 2000, offering trips at all hours of the day and night. Some trips are physically easy, and some are demanding - even strenuous. Whether you are attending SUUSI for the first-time or a veteran, we think there's a Nature trip on our schedule just calling you.

Trip descriptions are limited by space in this catalog, but our website (www.suusi.org) has more background material and lots of pictures. Take a peek at the peaks to pique your interest.

Many trips are great opportunities for families. You don't need to be athletic to "do Nature." But some basic guidelines will help you enjoy these trips:

- Register **now** rather than wait until you arrive at SUUSI. We rent the vans based on advance registration. (Long ago SUUSI outgrew the informal, mooch-a-van-from-a-participant approach for these trips.) To keep costs down, we usually cancel trips with low registration before SUUSI... so don't wait to register. Ideally we do not cancel **any** trips before SUUSI. If you don't get the trip you want when you pre-register, don't despair. You can often add more trips at Registration on the first day of SUUSI - and even after SUUSI starts, come by the Nature Office throughout the week to see what trips still have spaces available.
- Be at the departure point 10-15 minutes before your trip is scheduled to leave. SUUSI is a magical vacation time, but the vans run on real-world time. And we'll take stand-by Nature trippers just before we leave, so don't be late.
- If a trip is full even at Registration, consider coming to the assembly point at the start time and taking a chance as a standby, because often there is a "no show."
- Since our trip leaders are all volunteers and must fulfill their responsibilities to everyone, we require any person needing one-on-one assistance at SUUSI to be accompanied on Nature trips by a caregiver who also registers for the workshop. Each child under 14 must be accompanied by an adult who assumes responsibility for that child's safety and behavior during the trip.
- Register the kids too, whatever their age, if you want them to join you on a trip. Everyone on a trip has to register, so we can ensure there's a seat belt for everyone in the vans and handle other logistics. Unless we say otherwise in the trip descriptions, the minimum age requirement is 18 years of age to take a Nature trip. 0+ means anyone can go; 12+ means anyone at least 12 years old at SUUSI registration can go, etc. The trips we have designated as Family Friendly are open to families with children less than 14 years old but are appropriate for children and adults of all ages. We encourage adults without children to participate in these trips.
- Requirements for trips are real. We emphasize safety, along with fun and companionship. If it's listed in the trip description, you really do have to wear tied and OK-to-get-wet shoes, bring water/flashlight/leather gloves, etc. We want you to get into the natural setting at SUUSI - but we really do say "No" when we think the trip is a bad match for your skills or preparation. If you don't show up on time with the right gear, we can't take you hiking, caving, canoeing, etc.
- We have an "assumption of responsibilities" (waiver) form for Nature trips, to ensure you know what we're getting into. Mother Nature has beautiful vistas and wondrous patterns but also tree roots in trails, rocks in rivers, rain in the sky... and the trip leaders can't provide a cocoon of protection against all natural hazards. Parents or guardians must sign forms for children under their care, and adults must sign for themselves as well.
- Don't make anyone depend on random acts of kindness or someone else bringing the quota of common sense. Nature workshops are group experiences as well as personal explorations, so please be considerate of others when deciding if you can handle a trip. We want you to stretch your self, but not the patience of your companions.
- On rare occasions we will change a trip's intended location to ensure safety. We cancel trips because of unsafe weather, not just because of rain. (It rains regularly in the mountains during the summer, and we assume you're not so sweet that you'll melt...) If we actually have to cancel a trip, we'll refund your money - or you can donate it to SUUSI. Refunds are not offered to people who don't come to the assembly point **on time** with the required gear: water bottles, laced sneakers, flashlights, etc.
- If you have specific physical limitations or other questions, we can help you determine what trips are doable. Anyone under physician's care should get their physician's permission before registering for trips. Trip leaders are under orders to "play it safe" and may block participants from trips they consider inappropriate.

Nature Workshop Summary

Monday • All Day

650 Flat Peter Loop 10:00am-6:00pm

Monday • Morning

501 Morning Bird I 6:45am-9:45pm
 511 Nature Photography 7:30am-noon
 516 Herb Gardening Techniques 8:30am-noon
 600 Learning to Backpack 7:30am-1:00pm
 601 Audie Murphy's Hike 8:30am-noon
 900 Adult Introduction to Rappelling 1 8:30am-1:00pm

Monday • Afternoon

507 Dixie Caverns 1:30pm-5:30pm
 521 Pandapas Pond Discovery 1:00pm-5:00pm
 625 Falls of the Little River 1:00pm-6:00pm
 626 Cascades Cookout 12:30pm-8:00pm
 701 Intro to Canoe 1:30pm-5:30pm
 731 Teen Tubing 1:15 pm-5:30pm
 901 Intro to Caving 12:30-6:00pm
 902 Teen Rappelling 12:30-5:00pm

Monday • Evening

500 Stargazing TBA 10:00pm-midnight
 505 Geology Talk: From the Big Bang 6:15pm-7:45pm
 675 Deep Forest Novice Meditation 6:00pm-10:00pm
 702 Night Owl for Young Adults 6:45pm-10:30pm
 903 Teen Night Caving 7:00pm-midnight

Tuesday • All Day

651 Sarver Hollow 8:00am-4:30pm
 703 Eggleston Extra 10:15am -5:45pm

Tuesday • Morning

506 Fossils of Appalachia 8:00am-12:00pm
 512 New River Bike Trail I 8:00am-12:30pm
 602 Bald Knob 8:00am-noon
 603 Pandapas Silent Walk 6:15am-8:15am
 704 Sunrise Canoe 5:30am-9:30am
 904 Adult Intro to Rappelling II 8:30am-1:00pm

Tuesday • Afternoon

520 Travertine Falls Discovery 1:30pm-5:30pm
 627 Triple Slog 1:00pm-6:00pm
 732 Family Tubing I 1:15pm-5:30pm
 628 Dismal Women 12:30pm-6:00pm
 905 Intermediate Caving 11:45am-6:15pm
 906 Teen Rappelling II 12:30pm-5:00pm

Tuesday • Evening

515 Tree ID 6:00pm-8:30pm
 530 Gifts to our Grandchildren 6:15pm-7:15pm
 676 Butt Mountain Clean-up and Sunset 4:30pm-10:30pm
 705 Night Owl at Castle Rock 6:45pm-10:30pm

Wednesday • All Day

706 Intro to Whitewater Canoe 8:30am-5:30pm

Wednesday • Morning

518 Wildflower Identification 8:30am-12:30pm
 604 Bear Cliffs 8:00am-12:30pm
 707 Yakitty Yak I 8:00am-12:30pm
 907 Adult Rock Climbing 8:30am-1:00pm

Wednesday • Afternoon

512 Orienteering 1:00pm-5:00pm
 629 Dismal Adults 12:30pm-6:00pm
 733 Young Adult Tubing 1:15pm-5:30pm
 908 Teen Rock Climbing 12:30pm-5:00pm
 909 Cave Photo 1:00pm-8:30pm

Wednesday • Evening

504 Not an Early Bird 4:45pm-8:45pm
 527 Drum Down the Sun 5:30pm-10:00pm
 529 Songs of the Night 6:15pm-7:15pm
 677 Travertine Advanced Meditation 6:00pm-10:00pm
 708 Sunset Canoe 3:30pm-10:00pm

Thursday • All Day

652 Rice Fields 8:30am-4:30pm
 709/710 Whitewater Rafting 7:30am-11:00pm
 721 Intro to Whitewater Kayaking 9:00am-5:00pm
 910 Vertical Caving 10:30am-6:00pm

Thursday • Morning

503 Early Bird Canoe 6:00am-9:30am
 510 Mt. Lake Discovery 8:00am-2:00pm
 513 New River Bike Trail II 8:00am-12:30pm
 605 Kelly Knob 8:00am-1:00pm

Thursday • Afternoon

508 Chateau Morrisette Winery I 12:15pm-6:30pm
 518 Afternoon Herb Tea 2:00pm-4:00pm
 519 Explore the Cove 1:00pm-8:00pm
 520 Dismal Drum 1:00pm-5:00pm
 630 Cove Mountain/Homeplace 1:00pm-8:00pm
 631 Teen/YA Triple Slog 1:00pm-6:00pm
 711 Family Canoe 1:30pm-5:00pm
 734 Adult Tubing I 1:15pm-5:30pm

Thursday • Evening

528 Secrets of Tropical Birds 6:15pm-7:15pm
 678 Wind Rocks Sunset 6:00pm-10:30pm
 712 Night Owl at Whitethorn 6:45pm-10:30pm

Friday • All Day

713 Whitewater Canoe 8:30am-5:30pm
 722 Whitewater Kayaking 8:00pm-5:30pm

Friday • Morning

502 Morning Bird II 6:45am-9:45am
 520 Magical Plants 10:00am-12:30pm
 514 Mountain Bike 8:00am-12:00pm
 606 Get in Touch With Your Inner Nature 7:30am-12:30pm
 911 Intro to Caving 8:00am-12:30pm

Friday • Afternoon

522 Women Who Write in the Woods 1:00pm-5:30pm
 509 Chateau Morrisette Winery II 12:15pm-6:30pm
 632 Teen's Where the Hell Are We Going 1:00pm-5:30pm
 633 Triple Slog 1:00pm-6:00pm
 634 Cascades 12:30pm-6:00pm
 714 Yakitty Yak 2 8:00am-12:30pm
 715 The Last Canoe Trip 1:00-6:00PM
 735 Family Tubing II 1:15 pm-5:30pm

Friday • Evening

(none)

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Discovery Trips

Teen Nature Trips • (14-17 Year Olds)

731	Teen Tubing	M	1:15p m-5:30pm
902	Teen Intro to Rapelling I	M	12:30pm-5:00pm
903	Teen Night Caving	M	7:00pm-12:00pm
906	Teen Intro to Rapelling II.	T	12:30pm-5:00pm
908	Teen Rock Climbing	W	12:30pm-5:00pm
631	Teen/YA Triple Slog	Th	1:00pm-6:00pm
632	Teen's Where the Hell Are We Going	F	1:00pm-5:30pm

Young Adult Nature Trips • (18-25 Year Olds)

631	Teen/YA Triple Slog	Th	1:00pm-6:00pm
702	Night Owl for Young Adults	M	6:45pm-10:30pm
733	Young Adult Tubing	W	1:15pm-5:30pm

Women Only Nature Trips

628	Dismal Women	T	12:30pm-6:00pm
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Family Friendly Nature Trips

500	Stargazing	TBA	10:00pm-midnight
501	Morning Bird I	M	6:45am-9:45am
502	Morning Bird II	F	6:45am-9:45am
503	Early Bird Canoe	Th	6:00am-9:30am
504	Not an Early Bird	W	4:45-8:45
505	Geology Talk: From the Big Bang	M	6:15pm-7:45pm
506	Fossils of Appalachia	T	8:00am-noon
507	Dixie Caverns	M	1:30pm-5:30pm
510	Mountain Lake Discovery	Th	8:00am-2:00pm
511	Nature Photography	M	7:30am-noon
516	Tree Identification	T	6:00pm-8:30pm
525	Travertine Falls Discovery	T	1:30pm-5:30pm
526	Pandapas Pond Discovery	M	1:00pm-5:00pm
527	Secrets of Tropical Birds	T	6:15pm-7:15pm
528	Songs of the Night	W	6:15pm-7:15pm
529	Gifts to our Grandchildren	Th	6:15pm-7:15pm
604	Bear Cliffs	W	8:00am-12:30pm
605	Craig Creek	Th	8:00am-1:00pm
626	Cascades Cookout	M	12:30pm-8:00pm
634	Cascades	F	12:30pm-6:00pm
676	Butt Mountain Cleanup and Sunset	T	4:30pm-10:30pm
678	Wind Rocks Sunset	Th	5:30pm-10:00pm
701	Intro to Canoeing	M	1:30pm-5:30pm
703	Eggleston Extra	T	10:15am-5:45pm
704	Sunrise Canoe	T	5:30am-9:30am
706	Intro to Whitewater Canoe	W	8:30 am-5:30pm
709/710	Whitewater Rafting	Th	7:30am-11:00pm
711	Family Canoe	Th	1:30pm-5:00pm
715	The Last Canoe Trip	F	1:00pm-6:00pm
732	Family Tubing I	T	1:15pm-5:30pm
735	Family Tubing II	F	1:15pm-5:30pm

Your senses are the pathways to “wonder-full” discoveries at SUUSI. Our trips are fun and full of stars, plants, birds, rocks, history, and other natural and cultural wonders of the Southern Appalachians. Between the trip leaders and your fellow participants, each trip has a mixture of expertise, playfulness, and imagination that can lead to surprises about yourself as well as your surroundings.

We’re not in school, and there are no exams... but your enjoyment of these trips can be enhanced by reading in advance the references we’ve listed in this catalog and at our website. Please pay close attention to the clothing and other requirements listed for each trip—they’re essential for you to “be prepared” so everyone can enjoy the trip

500 Stargazing

Limit 40

At least one night during SUUSI week ought to be clear and bright. That day before dinner, we’ll post announcements about the trip outside the cafeteria. At 10:00 pm, we’ll proceed either to the VPI Observatory or a nearby dark field, whichever holds the most promise of views of the glorious summer sky. Required: poncho or something to lie on and enough clothes to stay warm. Recommended: binoculars, flashlight, insect repellent.

\$8 A clear evening, TBA *Gentle* 12+ 10:00 pm-midnight

501 Morning Bird I

Limit 14

We’ll visit woodlands and forest edges, fields and pastures, riparian and open water habitats to find about 40 species of the birds of summer in Virginia. Birds are most active in the early hours of the day. A cool morning for walking and listening to birdsong — what a way to start the day! Light breakfast provided. Required: sturdy shoes. Recommended: binoculars, a good field guide (e.g. Peterson’s or National Geographic). Bob Merkel or Joyce King, leader.

\$8 M *Moderate* 12+ 6:45 am-9:45 am

502 Morning Bird II

Limit 14

See #501

\$8 F *Moderate* 12+ 6:45 am-9:45 am

503 Early Bird Canoe NEW!

Limit 13

Enjoy the quiet, the birds and other wildlife along with a beautiful view of Castle Rock. All from the comfort of your canoe while you paddle upstream and back on a flat section of the New River at dawn. Required: basic canoeing skills, laced sneakers (no Velcro), canteen, glasses strap. Bring a towel if you’re planning on getting wet. A light breakfast will be provided.

\$20 Th *Moderate* 12+ 6:00 am-9:30 am



504 Not an Early Bird **Limit 14**

Walk into a beautiful pastoral landscape to find birds of open fields, pasture and woodland. After our walk, we'll eat a leisurely dinner and watch the sunset while the birds are finding roosts for the night. Required: sturdy shoes. Recommended: binoculars, a good field guide (e.g. Peterson's or National Geographic). Dinner provided. Joyce King, leader.

\$8 W *Moderate* 12+ 4:45 pm-8:45 pm

**505 Geology Talk:
From the Big Bang to 2000** **Limit 50**

From the beginning to the formation of our earth, from first life to Pangaea, from the ice ages to today...continents, oceans, mountains and forests have come and gone. Charlie Grymes will bring you up to date with modern geology in general and local Appalachian geology in particular.

\$3 M *Gentle* 8+ 6:15 pm-7:45 pm

506 Fossils of Appalachia **Limit 14**

Participants will visit sites where the local rocks contain both marine fossils and plant fossils. You'll see how the ancient collision of continents shaped this beautiful land. Introductory Geology Talk 505 is strongly recommended. Required: sturdy shoes and canteen. Recommended: sunscreen, hammer, box of tissues for delicate trilobite specimens. Bob Tuggle, leader.

\$10 T *Gentle* 12+ 8:00 am-noon

507 Dixie Caverns **Limit 14**

A caving trip easy enough for everyone. This is your opportunity to see a cave while avoiding all the mud and hard work of our wild cave trips. The cavern is well lit and has comfortable walkways with many small steps. It's cool inside; you may wish to bring a light jacket. Great for families or those wanting to explore in comfort. Children must be accompanied by a parent and register for the trip. Caving equipment not necessary.

\$12 M *Moderate* 4+ 1:30 pm-5:30 pm

508 Chateau Morrisette Winery I **Limit 14**

After a scenic drive to the Blue Ridge Parkway, we'll visit the winery for an elegant lunch, winery tour and wine tasting. Bring \$15-\$25 for lunch (wine with lunch is extra). Recommended: camera and extra money for wine or gifts to bring back.

\$10 Th *Gentle* 21+ 12:15 pm-6:30 pm

509 Chateau Morrisette Winery II **Limit 14**

See #508

\$10 F *Gentle* 21+ 12:15 pm-6:30 pm

510 Mountain Lake Discovery **Limit 14**

Mountain Lake area is home to the Virginia Biological Station, and offers great opportunities for natural studies. We'll visit the researchers there to discover what they're learning about the birds, mammals, or reptiles of the region, then sit by a quiet lake to eat lunch (provided) before returning to Blacksburg. Required: sturdy shoes and canteen. Recommended: binoculars.

\$10 Th *Moderate* 12+ 8:00 am-2:00 pm

511 Nature Photography **Limit 14**

A lovely drive and breathtaking views. Our photography expert, Bob Lynch, will help you make the best of the PTO's (picture taking opportunities). Whether you are an ace or novice photographer, the morning promises to be fun. Required: sturdy shoes and canteen. Recommended: Insect repellent and extra film. (See also Cave Photography #909.)

\$12 M *Gentle* 12+ 7:30 am-noon

512 Orienteering NEW! **Limit 14**

Did you ever want to experience the freedom of off-trail travel? Or do you just want to be prepared for those times when you lose the trail and can't find a sign anywhere? Here's your chance. In this small group environment you will learn and practice the use of a compass and map to establish where you are, where you want to go and how to get there. The instruction will take place in a wooded area near campus. No experience needed, all levels welcome. Each participant will receive a compass to keep. Just bring yourself, your sense of adventure and sturdy shoes. Your leader, Todd Remaley, is a seasoned teacher of orienteering.

\$12 W *Gentle* 14+ 1:00 pm-5:00 pm

513 New River Bike Trail I **Limit 14**

See the New River on two wheels. Enjoy bicycling on a well constructed bike path. We'll cover 12 miles over gentle, scenic terrain along the river. Helmets will be required and will be provided (or bring your own). Required: tied shoes, water bottle in backpack or bike bag. Recommended: shorts and raingear. High quality bicycles provided. Recent bicycling experience is expected.

\$30 T *Moderate* 14+ 8:00 am-12:30 pm

514 New River Bike Trail II **Limit 14**

See #513

\$30 Th *Moderate* 14+ 8:00 am-12:30 pm

515 Mountain Bike **Limit 14**

If you like mountain biking, this spot's for you! Travel to a local hot spot with many trails. Enjoy quiet off-the-road and up-the-mountain biking. Required: previous mountain biking experience, tied shoes, water bottle in backpack or bike bag. Helmets will be required and will be provided (or bring your own). Recommended: shorts and raingear. High quality bicycles provided.

\$30 F *Strenuous* 14+ 8:00 am-noon

516 Tree Identification **Limit 14**

Using a learning key based on the trees of a local park, you will learn how to identify some of the diverse trees of the Appalachian forest. Required: sturdy shoes and canteen. Recommended: insect repellent.

\$8 T *Gentle* 12+ 6:00 pm-8:30 pm

517 Herb Gardening Techniques **Limit 14**

Pat Mercer has been doing successful herb gardening for years. Accompany her to a local garden for a workshop on gardening techniques and styles. She has wonderful handouts to accompany the presentation.

\$8 M *Gentle* 14+ 8:30 am-noon

518 Afternoon Herb Tea **Limit 14**

A treat for our herbal connoisseurs. Pat Mercer will provide for a tea, in that memorable informal style that works best at SUUSI. Look forward to learning what can be done with herbs to make tea time special.

\$8 Th *Gentle* 18+ 2:00 pm-4:00 pm

519 Wildflower Identification **Limit 14**

Learn how to use field guides for plant identification. This trip will focus on the features that allow a plant to say "This is me!" and how different field guides help. Recommended: Newcomb's Wildflower Guide. Required: sturdy shoes and canteen. Ernie Wilson, leader.

\$8 W *Gentle* 14+ 8:30 am-12:30 pm

520 Magical Plants NEW! **Limit 14**

For as long as man has wandered Mother Earth, plants have been imbued with magical powers. Find out what plants will keep your lover from straying and which will provide inner insight. Possibly even see plants that purport to give the ability to defy gravity! Required: sturdy shoes and canteen.

\$8 F *Gentle* 14+ 10:15 am-12:15 pm

521 Explore the Cove **Limit 14**

Learn why the rocks are so wrinkled into mountains, the coves so full of oaks, the flowers so scarce in spots and abundant in others. There are patterns in nature...we'll show you the biodiversity of an Appalachian cove forest before joining the Cove Mountain hiking trip (#630) for a feast at the Homeplace Restaurant. Dinner provided. Attention vegans! Most of the vegetables are cooked with meat as a seasoning. Required: sturdy footwear and canteen. Recommended: insect repellent and field guide of your choice. Bob Merkel, leader.

\$22 Th *Moderate* 18+ 1:00 pm-8:00 pm

522 Women Who Write in the Woods NEW! **Limit 13**

For women of all writing skill levels: including beginners. Travel by van with Earle Irwin to the rural retreat center - Hawk's Ridge. After a hike and a stream crossing, we'll gather by a hidden waterfall to discuss writing practice and to enjoy surrounding beauty before hiking back to van. Required: journal or paper, pen or pencil, sturdy footwear and canteen. Recommended: Portable writing surface, insect repellent and snack. See also Workshop #202

\$12 F *Moderate* 18+ 1:00 pm-5:30 pm

523 Drum Down the Sun NEW! **Limit 12**

Enjoy drumming in the evening overlooking the New River Valley from Butt Mountain. Journey into another space where we can get in touch with those ancient primal connections. R.J. Perz-Edwards is lead drum this evening. If it rains, an alternate dry location will be provided. Required: Sturdy footwear, canteen and your own drum. Recommended: insect repellent and snack.

\$8 W *Gentle* 14+ 5:30 pm-10:00 pm

524 Dismal Drums NEW! **Limit 12**

Dismal Falls will be the location for this celebration of the ancient universal heartbeat. Drumming touches many places performing, healing, producing community and celebrating multi-culturalism. Allison Dunmore and Kate Hofmann co-lead this afternoon journey. If it rains, an alternate dry location will be provided. Required: Sturdy footwear, canteen and your own drum. Recommended: insect repellent and snack.

\$8 Th *Gentle* 14+ 1:00 pm-5:00 pm

525 Travertine Falls Discovery **Limit 14**

Enjoy Virginia Nature Conservancy's Fall's Ridge Nature Preserve from a naturalist's point of view. See how living organisms interact with the local geology to create this beautiful rock formation and unique ecosystem.

\$8 T *Moderate* 8+ 1:30 pm-5:30 pm



526 Pandapas Pond Discovery**Limit 14**

The Appalachian forest is home to an astonishing variety of mushrooms, ferns, flowers and trees. We're also bound to find birds, insects, and other wildlife. With the help of professor Ernie Wilson, we'll locate and identify as many species as we can on a leisurely walk in the area around Pandapas Pond.

\$8 M Moderate 8+ 1:00 pm-5:00 pm
Ecologists Jerry Via and Bill Akers will present the following evening talks on campus. Come and be fascinated!

527 Secrets of Tropical Birds NEW!**Limit 50**

Many of our brightly-colored birds of summer migrate back to their original habitats - the tropics - during the winter. Did you ever wonder why tropical birds are more colorful than their North American counterparts? Where do our birds fit into the tropical habitats in winter? These are just a few of the questions we ask when we observe our bird neighbors to the south.

\$3 T Gentle 8+ 6:15 pm-7:15 pm

528 Songs of the Night**Limit 50**

The sounds of the night can be both enticing and intimidating. We will listen to many of the familiar insect, frog, and bird sounds which can be heard after dark and look at slides of the organisms making the sounds. The advantages of a nocturnal lifestyle will be discussed as we explore each group.

\$3 W Gentle 8+ 6:15 pm-7:15 pm

529 Gifts to our Grandchildren NEW!**Limit 50**

Learn how changes in habitat have affected wildlife, leading to the decline of many species, including many that have been placed on the endangered or threatened list.

\$3 Th Gentle 8+ 6:15 pm-7:15 pm

**Hiking Trips**

All journeys start with a single step, so come explore the Southern Appalachians on a SUUSI hiking trip. We'll guide you through some natural beauty and places for reflection that you'll remember throughout your life. Now that we are back in Blacksburg, many of our trips have shorter drives, and a few are longer. Also, we have quite a few new options this year: some are hikes we haven't done in years, others are brand new.

We practice "safe hiking" with no exceptions. The following are requirements and some suggestions for our hikes.

Required on all hiking trips:

A desire for fun, adventure, and self-discovery.

Canteens or water bottles: at least 1 qt of water for each half day and at least 2 quarts for a long day.

Proper footwear is absolutely, positively necessary. So no bare feet and no open-toe shoes of any kind (no flip-flops, no Tevas, etc.)

Required on some hiking trips:

Trips involving wading or swimming require laced sneakers, not Tevas or aqua socks.

Evening trips require flashlights.

Suggested for hikes

Rain jacket or poncho—you never know when you'll be in need.

Sunscreen.

Snacks if you're planning to expend a lot of energy.

Toilet paper, depending on your ability to rough it.

A dry bag for any "slogging" type trips if you have anything you don't want to get soaked.

Swimsuit and towel for the water hikes.

Insect Repellent

Morning Hikes

These trips are designed to try to beat the heat of the day. We hike early to enjoy the coolness of misty mountain mornings and return before the worst of the heat builds up.

600 Learning to Backpack**Limit 10**

Do you love to hike and you are ready to take the next step: overnight in the back country! We wouldn't take you away from a night of SUUSI, but we can teach you all you need to know to plan and take your own trip back home.

What you will learn: how far to go, what gear do you want/need (everyone's different), how to pack your pack, how to select a campsite, what food to bring, and how to do all this using Leave No Trace Outdoor Ethics. We will embark on a short hike with many scheduled stops for hands-on learning, including preparing our lunch before heading back to campus. Todd Remaley, a distance hiker for nearly 15 years, has hiked the 2100+ mile Appalachian Trail, some of the Continental Divide and is a park ranger. His approach to backpacking is as a minimalist: don't take it if you can live without it. Jennifer Lucas, a natural-born organizer not willing to forego all the comforts of home, is interested in maximizing comfort without carrying too much weight. She has been backpacking for 5 years.

\$15 M Moderate 14+ 7:30 am-1:00 pm

601 Audie Murphy's Hike **Limit 14**

We have revived this hike from 1995 the last time we were at Tech. We will drive only a few miles up Brush Mountain to a level stretch of the Appalachian Trail. After a short hike, we reach a vista on a narrow ledge, where we can relax and enjoy the view. This hike even has an historic marker commemorating WWII hero and film star Audie Murphy. Come along with (or without) your kids and learn all about it. Total hike is 1.5 miles.

\$8 M Gentle 6+ 8:30 am-noon

602 Bald Knob **Limit 14**

This hike starts at the Mountain Lake Hotel, the site of the popular film "Dirty Dancing." A steep, half-mile climb up a fern-bordered trail brings us to the 4361-foot high knob. It's the highest point in the area, with extensive views in several directions and some interesting cliffs and rock formations. The descent is easier following a jeep road. Total hiking distance is about a mile.

\$8 T Moderate 14+ 8:00 am-noon

603 Pandapas Silent Walk **Limit 14**

We'll take a short early morning walk around two small Forest Service ponds with a beaver dam at the end of one while enjoying the quiet morning. We'll be back in time for breakfast and morning Ingathering.

\$5 T Gentle 18+ 6:15 am-8:15 am

604 Bear Cliffs **Limit 14**

This is a wonderful hike we haven't done in a while. It's a hike of a little over a mile to a set of cliffs that give great views back to the east. On a clear day you can see Blacksburg. The trail features many nice ferns along the way.

\$5 W Moderate 8+ 8:00 am-12:30 pm

605 Kelly Knob **Limit 14**

We haven't done this hike since we were last at Va. Tech and thought it was about time to enjoy it again! When we say strenuous, we mean it. You'll understand when you see the first half mile of the hike-no elevators, but straight up to the ridge top. Then the Appalachian Trail follows the ridge line out to a rock cliff at the knob where the views back to Blacksburg, down to Sinking Creek Valley to the New River, and into West Virginia are fabulous. Total hike is 4 miles.

\$8 Th Strenuous 14+ 8:00 am-1:00 pm

606 Get In Touch With Your Inner Nature **Limit 14**

Come with us on a quiet, calming, mostly easy walk through an ancient virgin hemlock forest. We will gather in this ancient forest for some spiritual readings and reflections on our theme Ancient Civilizations. There is a short but steep hike (hence the moderate rating) to a rock outcropping with a view of the valley below. We then walk back to the van on this loop of about 3 miles.

\$8 F Moderate 14+ 7:30 am-12:30 pm

Afternoon Hikes

625 Falls of the Little River **Limit 14**

This hike follows an old forest road that meanders along a ridge line before dropping down to a small set of rapids on the Little River. There is a beautiful spot to swim and sun before the 2-mile hike back. Laced sneakers are required if you plan to get wet.

\$8 M Moderate 14+ 1:00 pm-6:00 pm

626 Cascades Cookout **Limit 14**

This is a modification of our traditional Cascades hike. New this year is hiking the original (reopened) trail along Little Stoney Creek, and returning via the jeep trail. Our destination is the spectacular 60-foot Cascades waterfall and the cold swimming hole at the bottom. Bring/wear a swimsuit (there is little privacy for changing) and laced sneakers (required) if you dare to get in that water! We'll have a cookout dinner at the waterfall. Come prepared to carry some of dinner in your pack. The total hiking distance is 4 miles.

\$8 M Moderate/Strenuous 12+ 12:30 pm-8:00 pm

627 Triple Slog **Limit 14**

This hike is so enjoyable that some SUUSI-ites do it every year. We hike into the forest above the Cascades waterfall, bushwhack down to Little Stoney Creek, and take off into the wild. We hike in the stream and swim/wade through pools, climb around trees and rocks, and climb and play in three waterfalls. You will get wet (completely soaked if you like). Wear laced sneakers and a swimsuit/nylon shorts and bring a towel for the ride back. Total loop distance is 3 miles.

\$8 T *Moderate/Strenuous* 18+ 1:00 pm-6:00 pm

628 Dismal Women **Limit 28**
(AKA Dismal Falls for women only)

If you want to commune with nature with minimal effort, then this is the trip for you! The drive is almost an hour and passes through some beautiful countryside. The hike is mostly flat. We arrive at an enticing, small waterfall with time galore to swim, sun, skip rocks, nap, read, whatever! We climb over some slippery rocks to get in the water. Bring your laced sneakers (required) and swimsuit, and shift your gears for an afternoon of total relaxation.

\$8 T *Gentle/Moderate* Women Only 12:30 pm-6:00 pm

629 Dismal Adults **Limit 14**
(AKA Dismal Falls for Adults)

See # 628 for general trip description. This is the perfect trip to relax and regain a bit of energy mid-week at SUUSI!

\$8 W *Gentle/Moderate* 18+ 12:30 pm-6:00 pm

630 Cove Mountain/Homeplace Restaurant **Limit 14**

This loop covers the lower portion of the popular hike to Dragon's Tooth. While hiking along the Appalachian Trail, we will have some great views from several spots along the rocky ridge of Cove Mountain. We will return along a wooded path and finish the day with a great country style dinner at the popular Homeplace restaurant (you keep a-eatin' it, and they keep a-bringin' it). Attention vegans: most of the vegetables are cooked with meat as a seasoning. A change of clothes for dinner is recommended. The total hiking distance is about 4 miles. Note: Discovery trip to Cove Mountain will also finish with dinner at the Homeplace (includes dinner).

\$20 Th *Strenuous* 14+ 1:00 pm-8:00 pm

631 Teen-YA Triple Slog **Limit 28**

This is a hike for teens and young adults to enjoy together. See trip #627 for description.

\$8 Th *Moderate/Strenuous* Teens/YA only 1:00 pm-6:00 pm

632 Teens' Where the Hell Are We Going? **Limit 28**

This is a hike for teens with a great sense of adventure! Show up at 1:00, and we'll decide together where we're going. Tired after a long week and just want some relaxation and a great view? Have a burst of energy and want to hike all uphill. Your leader will have many options for you. Bring at least 1 quart of water and sturdy hiking shoes.

\$8 W *Gentle-Strenuous* Teens Only 1:00 pm-5:30 pm

633 Triple Slog **Limit 14**

Yet another triple slog adventure-last chance of the week! See trip #627 for description.

\$8 F *Moderate/Strenuous* 18+ 1:00 pm-6:00 pm

634 Cascades **Limit 14**

This is a perennial SUUSI favorite. See Trip # 626 for a general description (we'll be doing it today without the cookout dinner.)

\$8 F *Moderate/Strenuous* 12+ 12:30 pm-6:00 pm

All Day Trips

650 Flat Peter Loop **Limit 14**

Enjoy morning Ingathering, then come along on this hike that is definitely not flat but is a loop. This hike is an 8 mile loop in the Peter's Mountain Wilderness area. It follows several small streams and features a natural forest floor, grassy in places. Come along to look for evidence of black bear and to enjoy the varying vegetation at elevations from 2600 to 3300 feet. We'll have lunch along the way. Bring a pack to help carry.

\$8 M *Strenuous* 14+ 10:00 am-6:00 pm

651 Sarver Hollow **Limit 14**

This trip was so popular last year that we had to do it again! It begins with the Sinking Mountain trail (a very steep ascent), takes advantage of a lookout spot with a view of the valley, then continues the trek along the ridge to Sarver Hollow. Here there is the opportunity to descend a short distance to see an old homestead site and cemetery. This trail is part of the Appalachian Trail. Lunch will be provided. Please plan to help carry it.

\$8 T *Strenuous* 14+ 8:00 am-4:30 pm



652 Rice Fields**Limit 14**

This is a beautiful challenging hike along the Appalachian Trail on Peters Mountain. The hike begins with a steady climb up the mountain to a ridge line. The climb is steep and rocky, the ridge line wooded and peaceful. The Rice Fields are extensive open pastures with rock outcroppings. We'll eat lunch at the large field and enjoy the sweeping westward views. After lunch, we'll return along the same trail. Be prepared to carry the provided lunch and be sure to bring extra water.

\$8 Th *Strenuous* 14+ 8:30 am-4:30 pm

Evening Trips

Evenings in the mountains are special times. The night approaches slowly and the sky turns brilliant colors as the heat of the day fades. Some of these trips are sunset trips, where we relax and contemplate the events of the day. Others may not have a dramatic view of the sunset, but offer less noticed aspects of eventide, such as the stillness of the forest, or the nighttime sounds of forest creatures, or the subtle ways the light changes as dusk gathers. Note: Nights in the mountains can be surprisingly cool. You may want to bring a light jacket. Also, for obvious reasons, flashlights are required on all trips.

675 Deep Forest Novice Meditation**Limit 13**

Virgin forests are known for eliciting a sense of awe and ecstasy in those who open themselves to the energies of these pristine natural settings. This guided meditation, in a sacred grove of hemlock, is especially appropriate for Nature-lovers who are new to meditation and who are open to the possibilities of a heightened and deepened connection with nature. We will walk on a trail, which has a short but steep section. Flashlights are required. Wear white and bring something to sit on.

\$8 M *Moderate* 14+ 6:00 pm-10:00 pm

676 Butt Mountain Cleanup and Sunset**Limit 13**

How about lending a helping hand to clean up a beautiful mountain lookout and then sit back and relax over dinner while watching the sunset? Butt Mountain lookout provides a beautiful valley view. Visitors left a great deal of trash at this site from a time when parking was available at the lookout. Now that the parking is farther away, visitors can't carry as much trash to leave behind. We'd like to enjoy this view without the trash and also take this opportunity to give back to the area. A ranger from the National Park Service will be on hand to haul away all the trash that we bag! After our labors are done, we will enjoy the sunset and a leisurely dinner [provided]. If you have work gloves, please bring them along.

Free T *Gentle/Moderate* 12+ 4:30 pm-10:30 pm

677 Travertine Falls Advanced Meditation**Limit 13**

Celebrate our connection to nature. This mystical retreat is part of a Nature Conservancy Preserve. The gentle trail leads us into the forest, past small hillside caves and to the falls which have been formed by deposits of limestone from the ever flowing water. Travertine formation is usually seen in the underground world of caves. Flashlights are required for safety.

\$8 W *Gentle* 14+ 6:00 pm-10:00 pm

678 Wind Rock Sunset**Limit 14**

It is an easy walk along a fairly flat stretch of the Appalachian Trail to Wind Rock, near the Mt. Lake Wilderness. We'll eat a leisurely dinner [provided] and see the colors in the sky change as the summer sun sets. Flashlight required to maneuver the stones in the trail on the way back to the van.

\$8 Th *Gentle* 12+ 6:00 pm-10:30 pm

Aquatic Trips

We are fortunate here in the New River Valley to have one of the most exciting whitewater rivers in the Southeast. Yet there are sections of the New River that are as calm as a lake with breathtaking views second to none. You have a unique opportunity at SUUSI to experience all that the New River has to offer. From flatwater canoeing to the challenge of whitewater in tubes, canoes, kayaks and rafts, it's all within your reach. If you've always wanted to learn (or relearn) to paddle, you can start your week in one of our intro courses and finish up the week experiencing some excellent summer whitewater.

Important. Please read the following carefully:

1. Sometimes Mother Nature doesn't cooperate. Stream flow, wind and weather all affect our workshops. Should this occur, the trips may be relocated and/or could take more or less time than indicated. All participants will be expected to help load and unload gear. Life jackets (provided) **must** be worn. Due to the tight van schedules, all trips must leave and return by the time shown on the schedule. You should be at the departure point at least 10 minutes prior to the time shown.
2. You do not need to be a great swimmer to enjoy our river trips but you do need to be comfortable with your abilities should you find yourself in moving water without the vehicle you just had (i.e., your boat or tube). We will do our best to alert you to possible trouble spots but if any one thing is for sure in aquatics, it is that the river is the

boss and it may well have a different plan for your adventure than you did

3. Laced sneakers or thick soled booties are required on ALL trips. We know this is a pain but so are stitches in the foot! We'd hate to leave you off a departing trip cuz you have on weenie footwear but WE WILL. If you have any doubt, please have a nature staffer check them out well before departure time. (The only possible exception to this rule are the kayaks used on trips 721 and 722. For these decked boats, sneakers often simply will not fit into the limited space available.

4. Before you sign up for any canoe or kayak trip, please remember that the skills for paddling lakes or quiet coastal waters are not the same as those needed for Class I - III rivers. If you've never paddled whitewater streams or if it's been a long, long time, get the most out of your SUUSI experience by taking one of the two Intro To Whitewater workshops. As a reminder, the American Whitewater Affiliation rates the sections of the New River that we'll use by the following scale:

Class I: Easy - Occasional small rapids with waves low and regular. Correct course is easy to determine.

Class II: Medium - Somewhat frequent, unobstructed rapids with regular waves, easy eddies and turns. Course is fairly easy to determine.

Class III: Difficult - Small falls, large irregular waves, numerous rapids. Fairly extensive maneuvering required for rapids. Course is not always easily recognizable.

A tip: Do not take anything (rings, watches, pendants, KEYS, etc.) with you on the river if it would break your heart to return without it. The river gods can be grabby.

701 Introduction to Canoeing **Limit 13**

Never been in a canoe or it's been a long time? This course is designed to let you get the feel of canoeing on a nice flat section of the New River. We'll teach you the basic strokes and how to get into and out of the boat safely. Then you'll have time to just relax and paddle around some. If you've always wanted to canoe, this course is your passport to a fun-filled week on the water at SUUSI. Required: Laced sneakers, drinking water, glasses strap, sunscreen, swimsuit, change of clothes. Nylon shorts over swimsuit are recommended for women.

\$20 M Moderate 12+ 1:30 pm-5:30 pm

702 Night Owl for Young Adults **Limit 13**

A quiet trip downstream through the town of Radford to Bisset Park on a flat section of the New River, but registration is Limited to Young Adults. Paddling after dark is a unique experience you'll never forget. Required: basic canoeing skills, laced sneakers, drinking water, glasses strap. A flashlight is required for every participant, or you don't go. Bring dry clothes and a towel if you think you might get wet.

\$20 M Moderate YA (18-25) only 6:45 pm-10:30 pm

703 Eggleston Extra **Limit 13**

This is an extension of one of SUUSI's most popular canoe trips! We'll start below McCoy Falls and cruise down a Class I-II section of the New River to Eggleston where we'll have lunch on the beach. As we continue downstream after our repast, the banks rise to high cliffs and palisades on both sides of the river. Our journey takes us past Caesar's Arch to Castle Rock and Pembroke. If time permits, we'll pause along the way to cool off in the river. Required: basic canoeing skills, laced sneakers, drinking water, glasses strap, sunscreen. Bring dry clothes and a towel. Lunch included.

\$20 T Moderate 12+ 10:15 am-5:45 pm

704 Sunrise Canoe **Limit 13**

Enjoy the quiet, the birds and other wildlife, and a beautiful view of the New River Valley at dawn all from the comfort of your canoe while paddling down a flat section of the New River. This is an incomparable way to start your day and come into close contact with the beauty of this area. Required: basic canoeing skills, laced sneakers, drinking water, glasses strap. Bring dry clothes and a towel if you think you might get wet. A light breakfast of bagels, coffee and tea will be provided (See also 503 Early Bird Canoe).

\$20 T Moderate 12+ 5:30 am-9:30 am

705 Night Owl at Castle Rock **Limit 13**

This is a quiet trip upstream and back on a flat section of the New River with spectacular views and the sun setting over the Virginia mountains. Paddling as evening turns into night is a unique experience you'll never forget. Please note the departure and return times! Required: basic canoeing skills, laced sneakers, drinking water, glasses strap. A flashlight is required for every participant, or you don't go. Bring dry clothes and a towel if you think you might get wet.

\$20 T Moderate 18+ 6:45 pm-10:30 pm

706 Introduction to Whitewater Canoe **Limit 13**

If you have flatwater canoeing experience and would like to try something with a little more challenge, this course is for you. We've taken the site of one of our most popular whitewater trips and turned it into a fun-filled day-long whitewater clinic. We will spend about 45 minutes teaching you some basic moving water strokes, then we will paddle down a beautiful Class II section of the New River. Required: basic canoeing skills, laced sneakers, drinking water, glasses strap, sunscreen, change of clothes, towel, and swimsuit. Nylon shorts over swimsuit are recommended for women. Lunch provided. (Recommended Reading: Any book on paddling in whitewater.).

\$25 W *Strenuous* 12+ 8:30 am-5:30 pm



707 Yakitty Yak 1 **Limit 8**

Sit-on-top kayaks are a blast! Be the captain of your own ship as we paddle downstream. This is your chance to learn new skills and have some fun. If you have always wondered what the experience would be like, now is your chance! Required: basic canoeing skills, laced sneakers, drinking water, glasses strap, sunscreen, change of clothes, towel, and swimsuit.

\$20 W *Moderate* 14+ 8:00 am-12:30 pm

708 Sunset Canoe **Limit 13**

New this year - a variation on our very popular Night Owl canoe trips. We will start out on the river in late afternoon for a quiet paddle down a scenic stretch of the New River. At a sandy bank along the river, we'll stop and have our evening meal, a little more special than the normal SUUSI trail lunch, and perhaps a chance to swim before paddling on. Wildlife should be very active at this time of day. As we approach our takeout at Pembroke, in the shadow of majestic Castle Rock, the sun will be lower and lower in the sky, and if we're lucky we'll be able to enjoy a beautiful sunset. Required: basic canoeing skills, laced sneakers, drinking water, glasses strap, sunscreen, change of clothes, towel, and swimsuit. A flashlight is required for every participant, or you don't go.

\$35 W *Moderate* 14+ 3:30 pm- 10:00 pm

709/710 Whitewater Rafting **Limit 43**

One of SUUSI's most popular trips, and a great experience for adults, teens, or families! Be at the cafeteria for breakfast at 7:00 am, so we can get an early start on our bus trip to scenic West Virginia, where we will enjoy some of the best whitewater in the country. Once on the river, experienced river guides will train us to paddle our 9-person rafts, and take us through class 3, 4, and 5 rapids where we will all get very wet, even the ones who stay in the raft! There will be some flat stretches in between allowing us to relax and enjoy the view. We will beach our rafts for lunch alongside the river, and when the trip is

over below New River Gorge, return to the outfitters for a shower, a change of clothes, and a catered dinner of barbecued chicken and fixin's before our ride back to Blacksburg. **This trip is physically demanding.** All participants should have basic swimming skills and some paddling experience. We require a responsible adult for each child under 14. Required: laced sneakers, drinking water, sunscreen, day pack, towel, change of clothes. Nylon shorts over swimsuit are recommended for women. If you must wear eyeglasses, they should be secured with a strap. Recommended/optional: soap, shampoo, and comb for shower, waterproof camera, money or plastic for souvenirs, pillow for napping on the bus. Registration fee is all-inclusive. 2 waivers required, one for SUUSI, one for the outfitter.

709 Whitewater Rafting/ Adult

\$105 Th *Strenuous* 18+ 7:30 am-11:00 pm

710 Whitewater Rafting/ Ages 12-17

\$75 Th *Strenuous* 12-17 7:30 am-11:00 pm

711 Family Canoe **Limit 13**

This is a family affair that's loads of fun. Grab the kids and paddle a mostly flat water section of the New River. You need basic moving water canoeing skills and some help from the kids. We know you'll have a great time. Required: no more than one child per adult; your child must be registered separately; basic canoeing skills, laced sneakers, drinking water, glasses strap. Bring dry clothes and a towel if you think you might get wet.

\$20 Th *Moderate* 8+ 1:30 pm-5:00 pm

712 Night Owl at Whitethorn **Limit 13**

Another favorite returns. This is a quiet trip upstream and back on a flat section of the New River. Paddling as day turns into night is a unique experience you'll never forget. Please note the departure and return times!. Required: basic canoeing skills, laced sneakers, drinking water, glasses strap. A flashlight is required for every participant, or you don't go. Bring dry clothes and a towel if you think you might get wet.

\$20 Th Moderate 14+ 6:45 pm-10:30 pm

713 Whitewater Canoe **Limit 8**

This is a traditional favorite. Paddle down a beautiful section of the New River. Mix the fun of Class II rapids with sections of flat water where you can relax and enjoy the scenery. This trip is physically demanding. Required: previous whitewater experience or attendance in one of our Introduction To Whitewater Canoe workshops, laced sneakers, drinking water, glasses strap, sunscreen, change of clothes, towel, and swimsuit. Nylon shorts over swimsuit recommended for women. Lunch included.

\$35 F Strenuous 14+ 8:30 am-5:30 pm

714 Yakitty Yak 2 **Limit 8**

Same as # 707.

\$20 F Moderate 14+ 8:00 am-12:30 pm

715 The Last Canoe **Limit 13**

This is a great way to wrap up your week at SUUSI! We'll paddle down a scenic stretch of the New River from Eggleston to Castle Rock past farmland and wooded ridges. Required: basic canoeing skills, laced sneakers, drinking water, glasses strap, sunscreen, swimsuit, towel, change of clothes. Nylon shorts over swimsuit are recommended for women.

\$20 F Moderate 12+ 1:00 pm- 6:00 pm

721 Introduction to Whitewater Kayaking **Limit 7**

Even if you've never been in a kayak, this course is designed to teach you the basic skills you'll need for an introduction to whitewater on the New River. This workshop is both physically demanding and personally rewarding. Required: Booties or river sandals (see "Note 3" under Aquatic Trips for this special case), drinking water, glasses strap, sunscreen, swimsuit, towel, change of clothes. Nylon shorts over the swimsuit are recommended for women. Lunch provided.

\$30 Th Strenuous 14+ 9:00 am-5:00 pm

722 Whitewater Kayaking **Limit 7**

Here's your chance to experience the thrill of an entire day in a kayak! Although this is not primarily an instructional workshop, there will be opportunities to learn new skills and play in the rapids. Required: Previous whitewater kayaking experience (see #721), Booties or river sandals (see "Note 3" under Aquatic Trips for this special case), drinking water, glasses strap, sunscreen, change of clothes, towel, and swimsuit. Nylon shorts over swimsuit are recommended for women. Lunch provided.

\$35 F Strenuous 14+ 8:00 am-5:30 pm

731 Teen Tubing **Limit 42**

McCoy Falls on the New River offers gentle to moderate rapids through which you can recycle as often as time permits. The Buddy System is a must for safety. Tubes are provided and life jackets are available. Bring sunscreen, and a strap to secure your glasses. Long-sleeved shirts are recommended to prevent rubber burns. Laced sneakers are required, or no-go. River sandals, aqua socks, etc. are not acceptable. Bring a change of clothes for the bus ride back to campus. A tip worth repeating: You do not need to be a great swimmer to enjoy our river trips BUT you do need to be comfortable with your abilities should you find yourself in moving water without the vehicle you just had (i.e., your tube). We will do our best to alert you to possible trouble spots but if any one thing is for sure in aquatics, it is that the river is the boss and it may well have a different plan for your adventure than you did.

\$12 M Moderate Teens only 1:15 pm-5:30 pm

732 Family Tubing 1 **Limit 42**

Same as #731, except open to family groups only.

\$12 T Moderate Y9+ 1:15 pm-5:30 pm

733 Young Adult Tubing **Limit 27**

Same as #731, except open to young adults only.

\$12 W Moderate YA (18-25) only 1:15 pm-5:30 pm

734 Adult Tubing **Limit 42**

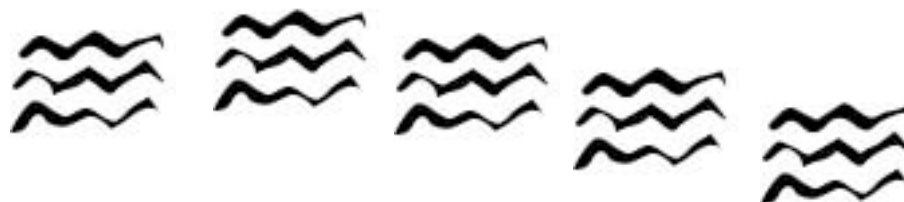
Same as #731, except open to adults only.

\$12 Th Moderate 18+ 1:15 pm-5:30 pm

735 Family Tubing 2 **Limit 42**

Same as #731, except open to family groups only.

\$12 F Moderate Y9+ 1:15 pm-5:30 pm



Caving, Rappelling, and Rock Climbing

If you want to get down and dirty or up high and pretty, this area of southwest Virginia is world-class. The underworld of caves offers an array of diversity at every turn in the limestone passageway. The cliffs along Sinking Creek, formed over the eons, offer fantastic views from the rock outcroppings while rappelling. These are strenuous or very strenuous, challenging activities for adventurers in good physical condition and young at heart.

Requirements: These are not optional or “gee, maybe” but real, safety-based mandates. Our many years of experience, including occasional mishaps, have taught us where we must insist, for your safety and your enjoyment. Read the requirements, make your equipment list, and come with that gear. You can be refused from taking the trip, if you arrive at the van without the proper gear. This is for your personal safety.

Caving Requirements:

Boots and Complete Change of Clothes

You are required to have, sturdy above ankle boots with deep tread soles to improve your footing in cave mud. No exceptions! Long pants, long-sleeved shirt, a jacket or sweat shirt to prevent hypothermia and some inexpensive work or garden gloves for a more secure grasp. Bring a small inexpensive pack for water bottle, and other personal gear so your hands will be free for caving (climbing, crawling, and clawing). Athletic kneepads are strongly recommended for knee protection and a tie for long hair is suggested. You are required to bring two old hand towels, one for you and one to clean your helmet and head lamp, a complete change of clothes for the van ride back to Blacksburg. SUUSI will provide helmets and head lamps with batteries. Your caves will be WILD with no hand rails, sidewalks, or any permanent lighting, but Mother Nature fully air-conditions all caves at a cool 53 degrees F, guaranteed all summer long. No waiver, no trip.

Rappelling Requirements:

Boots and Leather Gloves

Rappellers are required to have, sturdy above ankle boots with tread soles and leather gloves for rappelling. No exceptions!

Climbing Requirements:

Tennis Shoes

Climbers: If you have climbing shoes, bring them, or tennis shoes.

Bring a tie for long hair and a canteen or water bottle. Shorts and T-shirts are OK. Athletic kneepads are recom-

mended, sunscreen and or a rain jacket may be needed. No waiver, no trip.

901 Introduction to Caving

Limit 14

Tawney’s Cave is a favorite of the past SUUSI cavers as well as many locals. Tawney’s has a good variety of caving features: large rooms, mostly walking passages, a nice formation area and a fairly easy climb. For the more adventurous, we may have time for an optional side trip that requires going through a squeeze, crawling through water and in mud to the beautiful Emerald Room with many speleothems. Tawney’s Cave offers an excellent first caving experience and only a short level walk from where we park the van. Caving Requirements enforced, come prepared.

\$25 M *Strenuous* 14+ 12:30 pm-6:00 pm

902 Teen Intro. to Rappelling 1

Limit 10

See #900

\$25 M *Strenuous* Teens (14-17) 12:30 pm-5:00 pm

903 Teen Night Caving

Limit 14

Come on and get trashed right on Monday Night. Chance to experience Mother Earth from the inside and bring some of her back with you on your outside. You will see, touch, and feel a cave formed in limestone that was once ocean floor. The development of cave formations and cave fauna will be discussed if that is important. Bring two old hand towels, one for you and one to clean your helmet and head lamp. Caving Requirements enforced, come prepared.

\$25 M *Very Strenuous* Teens (14-17) only 7:00 pm-midnight+

904 Adult Intro. to Rappelling 2

Limit 10

See #900

\$25 T *Strenuous* 18+ 8:30 am-1:00 pm



905 Intermediate Caving **Limit 14**

Links Cave is a classic Virginia cave with lots of variety. It has a 3 foot duck-in entrance with a highly decorated room just a short distance inside the cave. The trip is mostly walking passage but does require scrambling and climbing, especially in the canyon area. The Wedding Room just before the worm tube has very beautiful flowstone. The canyon in this cave is what makes it an intermediate category. You need to bring a small pack to carry your gear. Prerequisite: previous SUUSI Caving trip required, prior year OK. Caving Requirements enforced, come prepared. Lunch provided.

\$30 T *Very Strenuous* 14+ 11:45 am-6:15 pm

906 Teen Intro. to Rappelling 2 **Limit 10**

See #900

\$25 T *Strenuous* Teens (14-17) 12:30 pm-5:00pm

907 Adult Rock Climbing **Limit 10**

The ultimate challenge in mountain sports: pit yourself against the face of a sheer rock outcrop. Several climbing routes offered from easy to technically difficult. Highly experienced instructors will teach you to stretch your Limits and to learn about your body and your self-confidence. Climbing Requirements enforced, come prepared. No waiver, no trip.

\$25 W *Very Strenuous* 18+ 8:30 am-1:00pm

908 Teen Rock Climbing **Limit 10**

See #907

\$25 W *Very Strenuous* Teens (14-17) 12:30 pm-5:00pm

909 Cave Photo Trip **Limit 11**

This is a new Dinner trip for SUUSI. No photography or caving experience necessary. You will be provided with a disposable camera and use of slave flashes for additional lighting effects. Robert's Cave is mostly level walking passage with many formations and much flowstone. This is a highly decorated cave with excellent photo opportunities at every turn in the passageway. Caving Requirements enforced, come prepared for 53 degrees and the fact that photography trips move slowly. Robert's Cave not physically challenging but is still a wild unimproved cave, well worth the 1+ hr. drive from Blacksburg. Supper at Sugar Grove Diner will follow the caving trip, a favorite of Cavers for years.

\$45 W *Moderate* 14+ 1:00 pm-8:30pm

910 Vertical Caving **Limit 10**

This is the trip which combines rappelling and caving to go places that are not reachable without rope. This is true in Pig Hole Cave. We will do the 90 foot entrance drop into one of the largest open cave pits in Virginia. At Hess Hollow we will drop the Empire Ledge, a second rappel of over 100 feet. Just beyond Hess Hollow is the Queen's Bath, a crystalline rim pool with unique formations. This trip is not as difficult as Intermediate Caving but requires more skill. Prerequisite: SUUSI Intro. Rappelling and Caving required, prior year OK. Lunch provided.

\$35 Th *Strenuous* 14+ 10:30 am-6:00 pm

911 Introduction to Caving **Limit 14**

Old Mill Cave has a variety of passage types. Just inside the entrance there is a short but tight crawl (10 feet.), then the cave is mostly wading passage for 300 feet. There are many beautiful orange and white formations, soda straws, rimstone, and flowstone. Just before starting out of the cave is the optional but very invigorating passage of chest-deep water lasting only seven feet and opening into a truly beautiful formation room. Bring an extra large towel in addition to the normal caving requirements enforced, come prepared. No waiver, no trip.

\$25 F *Strenuous* 14+ 8:00 pm-12:30 pm

